

EDUCATION, SCIENCE AND TRAINING

SENATE LEGISLATION COMMITTEE - QUESTIONS ON NOTICE 2005-2006 ADDITIONAL ESTIMATES HEARING

Outcome: CSIRO

Output Group: CSIRO

DEST Question No. E1056_06

Senator Stephens provided in writing.

Refers to DEST Question No. E1057_06.

Question:

(a) What research was undertaken in the lead-up to the diet book?

(b) Is there any ongoing or proposed research under way on the diet at the moment? Please provide details of studies or research, including participants, duration of study, sponsorship/ grants (including amounts), etc of all previous and current studies or research.

Answer:

CSIRO has provided the following response.

CSIRO Total Wellbeing Diet

(a) Several studies were undertaken commencing in 1998. These studies examined the effects of higher protein patterns for weight loss in different groups of people.

These included overweight people with these characteristics:

- markers of Syndrome X;
- type 2 diabetes;
- elevated insulin levels; and
- overweight men and women.

CSIRO assessed the impact of weight loss on higher protein and higher carbohydrate diets on a range of outcomes including:

- weight loss;
- changes in body composition;
- plasma cholesterol and triglyceride levels;
- plasma glucose and insulin levels;
- appetite regulation; and
- nutritional status.

(b) CSIRO is continuing research on health outcomes of higher protein diets in the overweight, including as follows:

- (i) People with type 2 diabetes (funded by Diabetes Australia Research Trust, Australian Technology Network and CSIRO). Cost of \$100,000. Role of aerobic exercise during weight loss on a higher protein diet.
- (ii) Women with polycystic ovary syndrome (funded by NHMRC). Cost of \$375,500. Role of lifestyle therapy on reproductive function during weight loss on a higher protein diet.

- (iii) Women undertaking IVF (funded by collaborative grant through CSIRO and University of Adelaide). Study of 140 women. Cost of \$295,757. Aims to evaluate value of a lifestyle intervention program prior and during IVF on outcomes such as successful pregnancy.
- (iv) Men (funded by Meat & Livestock Australia) – a one year study in 100 men. Cost of \$572,921. Outcomes consider exercise performance, body composition, sexual function and bowel health.
- (v) Acute appetite regulation studies in overweight and lean men and women using diverse protein and carbohydrate sources – two projects. Funded for \$192,757 through CSIRO and the National Centre of Excellence for Functional Foods.

For an overview of all previous research and related grants see E1057_06.